TORONTO metro®

Wednesday's Jackpot
$14,000,000 estimated
LOTTO 649
PLUS A GUARANTEED $1 MILLION PRIZE DRAW
NEWS WORTH SHARING.

RUN FAST AND STAND STRONG

USE METRO AR TO SEE BOSTON COME TOGETHER A YEAR AFTER DEADLY BOMBINGS; PLUS, T.O. MAN RUNS MARATHON TWICE PAGES 6 & 21

Cops rethink their 'carding' policy after controversy

Police reportedly question dark-skinned youth at a disproportionate rate PAGE 3

In a world full of clones, Felix comes into his own

Use Metro AR to see images from Season 2 of Orphan Black PAGE 11

Have to buy milk, bread, eggs, last will and testament

Partners open law offices in Walmarts, offering wills and notarized documents PAGE 4

Kibosh LCBO kiosks: Cancer group

Cancer Care Ontario.
Doctor says expanding access to alcohol may pose cancer risk

Cancer Care Ontario is asking the province to reconsider plans to open LCBO liquor kiosks in grocery stores on the same day it is releasing a new report showing up to 3,000 cases of cancer, diagnosed annually in the province, are caused by alcohol.

"We have called for a pause and not broadening of access because of the evidence (that shows) it takes us in a direction that we don't want to be going," said Dr. Linda Rabeneck, vice-president of prevention and cancer control for Cancer Care Ontario (CCO).

Finance Minister Charles Sousa announced earlier this month that Ontario will see 10 LCBO-run kiosks open in select grocery stores as a one-year pilot project.

The LCBO Express store-within-a-store kiosks are expected to open by year's end.

Rabeneck said she hopes the province looks at the health impact of increased availability of alcohol in addition to the extra revenue it generates.

What's your poison?

"It's a Class 1 carcinogen ... There is no safe amount of alcohol."

Dr. Linda Rabeneck, Cancer Care Ontario

A new report by CCO, released Tuesday, reveals that between 1,000 and 3,000 cases of cancer diagnosed in 2010 are attributable to alcohol consumption.

Drinking alcoholic beverages increases the risk of cancers of the oral cavity and pharynx, esophagus, larynx and liver. It is also a cause of colorectal and breast cancers, two of the three leading causes of cancer death in Ontario.

The report cites research showing only a third of Canadians are aware they can lower their risk of cancer by reducing alcohol consumption.

But if people are going to drink, CCO recommends that they stick within the limits recommended by the World Cancer Research Fund and American Institute for Cancer Research: no more than two drinks a day for men and one drink a day for women.

Nearly one million Ontarians aged 19 and older report drinking beyond those levels, according to CCO.

TORSTAR NEWS SERVICE

ALL WE WANT IS A LITTLE R-E-S-P-E-C-T FOR THE T.O. R-A-P-T-O-R-S

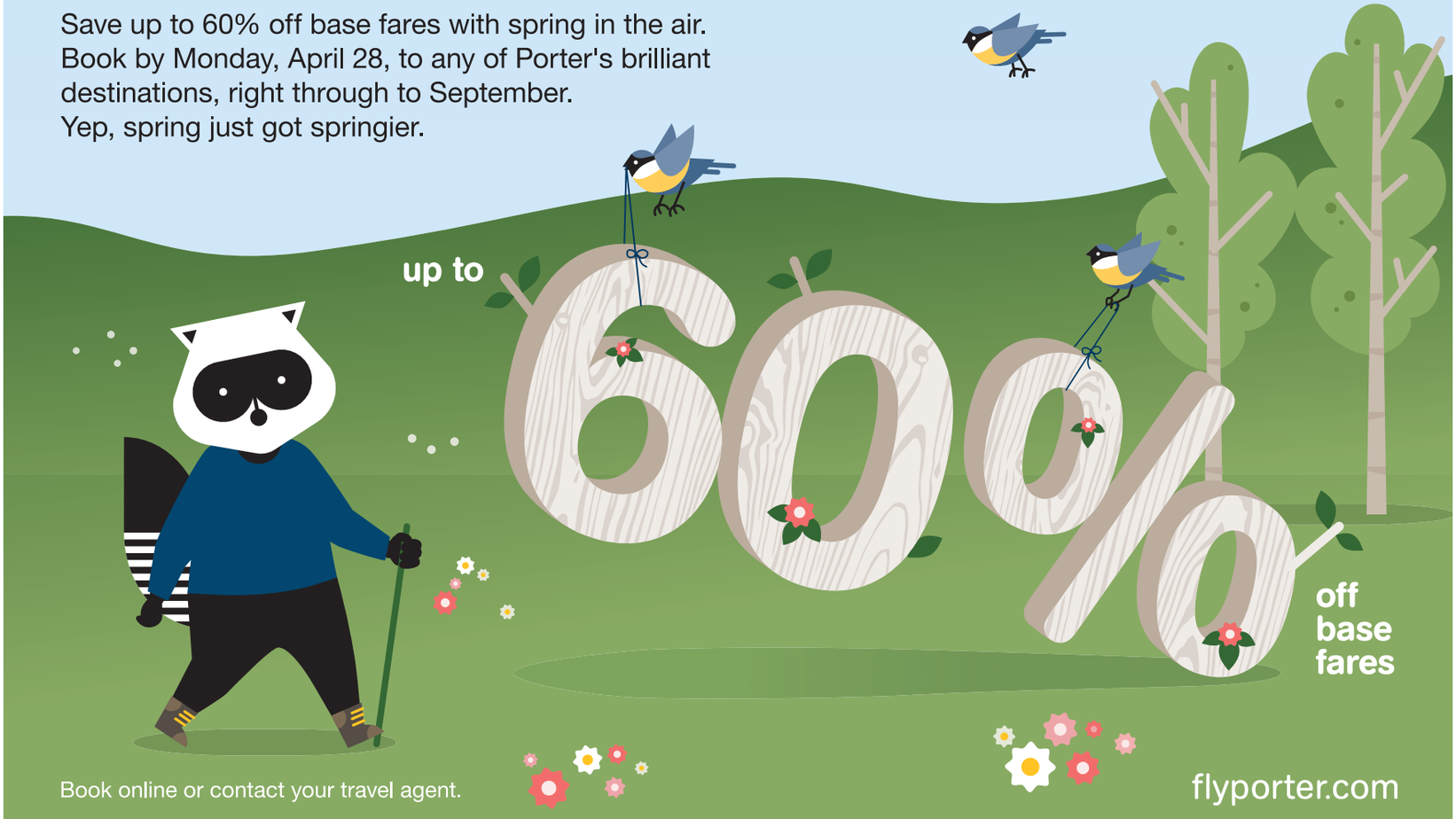
Expect the Toronto Raptors Dance Pak to once again lift the spirits of the faithful at the ACC Tuesday night, as the Raps get loose for their second playoff game against the Brooklyn Nets. Despite a heroic effort, the Nets defeated Toronto 94-87 in their first faceoff. Many of the Raptors hope to use this post-season appearance to gain some respect from a league that has largely ignored them. More Raptors coverage, page 19.

DAVID COOPER/TORSTAR NEWS SERVICE

porter
flying refined

Super sixty spring savings.

Save up to 60% off base fares with spring in the air.
Book by Monday, April 28, to any of Porter's brilliant destinations, right through to September.
Yep, spring just got springier.



Book online or contact your travel agent.

flyporter.com

*Book by 11:59 pm Eastern Time April 28, 2014. Travel by September 3, 2014. Up to 21-day advance purchase may be required. Fares may not be available May 16-19, June 27-July 1, August 1-4, August 29-September 1, 2014. Discount applies only to the regular base fare and does not apply to fees, taxes or surcharges. Lowest fares are available on Tuesday, Wednesday and Saturday departures. Fares are subject to availability and may not be available through the entire travel period. Full fare breakdown available for all itineraries on flyporter.com. Fares include all applicable government-imposed taxes and mandatory fees, which may amount to as much as $150 one-way per passenger, depending on routing. Foreign taxes will fluctuate based on the prevailing exchange rate. Fees for optional services, such as itinerary changes, additional baggage, advance seat selection, or certain special service requests, may increase overall cost. Fares are non-refundable but itineraries may be changed for a fee of up to $200 per person per direction, plus any fare differential. Other significant conditions (including a $25 first-checked bag and $35 second-checked bag fee, and charges for overweight and/or excess baggage) may change without notice and are not guaranteed until ticketed. Visit flyporter.com for more information. In case of any discrepancy between advertised fares and the fares shown on the website at the time of booking, the latter shall prevail

porter Escapes

Air and hotel packages from Toronto

Millenium Broadway

NEW YORK

★★★★

$450 + $136.40 taxes & fees

Standard Room
Dept. July 1, 2, 6, 9
Nights: 2

Fly to and from Newark. Includes air and hotel.

Atlantica Hotel

HALIFAX

★★★★

$310 + $139.28 taxes & fees

Standard Room
Dept. June 30, July 7, 8, 9
Nights: 2

Includes air and hotel.

The James Chicago

CHICAGO

★★★★

$360 + $145.76 taxes & fees

Guest Room
Dept. July 1, 2, 9
Nights: 2

Fly to and from Chicago Midway. Includes air and hotel.

Book packages online, contact your travel agent or call Porter Escapes at 1-855-372-1100. TTY – Dial “711”.

porterescapes.com

All-in prices shown are per person in Canadian dollars, based on double occupancy in noted room category. Limited availability. Package prices are per person, based on double occupancy and include round-trip airfare, all taxes, surcharges and mandatory fees. For full package listings and availability, visit our website.Flights are round-trip via Porter Airlines. Packages include return airfare, hotel accommodation in noted room category. All applicable taxes, surcharges and mandatory fees are additional. Airfare discount is already included in the advertised package price. Prices will vary for alternate flight times on advertised dates. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Transfers to and from airport to hotel are not included unless specified otherwise. New bookings only. Packages are subject to availability at time of booking and are subject to change without notice. Not valid on group bookings. For full terms and conditions refer to www.porterescapes.com. Ontario registration Number 84153 4506. Porter Escapes Inc is a TICO licensed company. TICO # 50019770. Billy Bishop Toronto City Airport, Toronto, ON, Canada M5V 1A1.

tico.ca

Proposal

Tory wants more trees in the ground

John Tory TORSTAR NEWS SERVICE

Mayoral candidate John Tory says he would double the city government's spending on tree-planting and work with partners to put 3.8 million trees in the ground over the next decade.

The proposal separates the right-leaning Tory from incumbent Rob Ford, the small-government populist who says the municipality has no business planting trees at all.

Tory says the city should spend $14 million per year planting new trees by 2019, twice the 2014 budget, which Ford says is $7 million. In January, Ford tabled a no-hope motion to eliminate the $7-million allocation entirely.

The city plans to plant about 100,000 new trees this year. Tory's proposal represents a large increase over the 800,000 the city says it planted with its partners from 2004 to 2012.

Tory says he would also mount an effort to encourage the private sector and non-profits to do more of their own planting.

"A livable Toronto starts with doing the right thing and restoring our beloved urban landscape," he said in an email. TORSTAR NEWS SERVICE

More days like this one, please

People and their dogs enjoy the beach and sand at Ashbridges Bay on Monday as above-seasonal temperatures hovered around 20 C under hazy skies in the GTA. Many patios were also open Monday afternoon as residents flocked outdoors to take advantage of the nicest day so far this year. More seasonal temperatures are expected for the rest of the week.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Police 'carding' policy comes with high hopes

Draft proposal. Board aims to repair the relationship between police and minorities

The often tense dynamic between Toronto police and young black men will ease, the police board hopes, under a tough new "carding" policy that restricts officers' authority to stop and document people on the street.

"One of the key objectives we put in, with the chief's approval, is that service members do not consider race or age when deciding to initiate a contact," said lawyer Frank Addario, who was hired by the board in November to create the new policy.

A series of Torstar News Service investigations has shown that Toronto police card individuals with black and brown skin at disproportionately high rates in what are typically non-criminal encounters.

Their personal details, such as name, height, weight, address and more are added to an investigative database.

"We do expect the number of instances of so-called carding, or contacts, with minority youth to drop significantly," Addario said.

The policy, which goes before the board at a special meeting Thursday, says police must have a public safety purpose to card people on the street — a restrictive regulation that sets out the basis for a contact.

And the policy will entrench an individual's rights by requiring police to tell people that the interaction, including the disclosure of those personal details, is voluntary.

Addario made the comments during a media event Monday with Toronto Police Services Board chair Alok Mukherjee to introduce the latest draft of the policy, which has gone through several revisions.

TORSTAR NEWS SERVICE

In defence

- Toronto Police Services Board chair Alok Mukherjee has long contended that if the board doesn't define a framework for carding, it could be driven underground and there would be no public accounting of the practice.
- He has argued carding can be a valuable investigative tool, but acknowledged that the relationship between police and the public has been damaged by a lack of trust — a factor he thinks can be corrected with this policy.

Get a Fresh Financial Start

Get Out of Debt Without Bankruptcy Without Loans

SPEAK TO THE Licensed Debt Professionals

FREE CALL 310-9200

(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy

www.DavidSklar.com

David Sklar, CPA, CA, CIRP, Trustee

A sale on wills in aisle four?

Walmart. Save money, live better and get some cheap legal services from an Axess Law office in the discount retail chain

Behind plastic jugs of liquid Tide stacked near the entrance of a new Walmart in Markham is an innovation in discount retailing: Axess Law.

Founded by Toronto lawyers Lena Koke and Mark Morris, Axess Law provides fast and affordable legal services to time-pressed shoppers.

Simple wills are $99. Notarized documents are $25, plus $19 for each additional document.

The Axess office in the Walmart on Copper Creek Drive in Markham is a slim 600 square feet, branded in orange (think ING, Joe Fresh) and is open seven days a week until 8 p.m. It opened in January.

An Axess law office opened at the Walmart in the Scarborough Town Centre last June, and another this month at the Walmart at Eglinton and Warden.

Another is scheduled to open at a Cedarbrae Walmart on Lawence Avenue E. in May.

The partners, lawyers who met at the University of Toronto Rotman School of Management while completing their MBAs, are hoping to open locations in Walmarts across Ontario within the next two years and Canada within the next four.

"A lot of people are intimidated by lawyers. This is a non-intimidating setting," said Koke, over the sound of grocery carts slamming together.

TORSTAR NEWS SERVICE

Opening up

The Law Society of Upper Canada has in recent years given lawyers more flexibility in marketing and advertising legal services, according to director of communications Roy Thomas.

'Closed by Rob Ford'

An area resident (who asked to remain anonymous) takes a photo of Fire Station 424 on Monday. The fire station has been closed as a result of city budget cuts. Signs taped to the garage doors from the inside reads "Closed by Rob Ford." The Canadian flag was also erected upside down. Neighbours of the west-end station say they are worried about their safety and say that response times will be slower due to the closure. BERNARD WEIL/TORSTAR NEWS SERVICE

Won $3,000 prize

Ancaster teen lands top spot at geography contest

Lucas Grande is on top of the world after placing first in the annual Great Canadian Geography Challenge.

The 16-year-old from the Ancaster area was among 50 competitors. During the national final, which took place live online on April 16, Grande emerged as the winner, taking the top prize of $3,000. TORSTAR NEWS SERVICE

Easter Sunday

Toronto woman dead following crash on 401

A 54-year-old Toronto woman is dead after the car she was travelling in crashed into a concrete median on Highway 401 just south of Guelph.

The three other people in the vehicle were taken to hospital with non-life-threatening injuries.

THE CANADIAN PRESS

"The Schulich MBA brings diversity, collaboration and innovative specializations together. I gained the skills to think strategically on a global scale and a career advantage."
NATASHA PENZO-MCINTOSH (MBA '13)
Senior Account Executive
MSLGROUP (Publicis Groupe)
Schulich MBA
#1 MBA in Canada
Nineteen cutting-edge specializations. Private, public and non-profit frameworks. Strategic consulting project with real clients. Integrate theory and hands-on learning to maximize career options. Experience Schulich.
Schulich Programs: MBA (Full-Time, Part-Time, Accelerated), IMBA, MBA/JD, MBA/MFA, MBA/MA, MPA, MF, MBAN, MAcc
Global Reach. Innovative Programs. Diverse Perspectives.
Schulich School of Business | YORK UNIVERSITE UNIVERSITY
INFORMATION SESSIONS
Downtown Campus
April 23, 6:00 pm – 7:30 pm
Miles S. Nadal Management Centre, 222 Bay St., Ste. 500
May 7, 6:00 pm – 7:30 pm
Miles S. Nadal Management Centre, 222 Bay St., Ste. 500
To register, visit: schulich.yorku.ca/infosessions
Schulich Leads in Rankings Schulich is ranked in the world's top tier of business schools by The Economist (#22 in the world); Forbes (10th best non-US school); Bloomberg Businessweek (13th best non-US school); Corporate Knights (#1 in the world); The Aspen Institute, a US think tank (#2 in the world in Social and Environmental Leadership); and Expansión (#21 in the world) in their most recent global MBA surveys. The Schulich MBA is also ranked #1 in Canada by The Economist, Forbes, Corporate Knights, The Aspen Institute and Expansión.

A realtor will guide you to the right house.

We'll guide you to the right mortgage.

A mortgage pre-approval, a step-by-step online guide and a great rate. Everything you need – and want – when buying your first home.

Visit **bmo.com/homebuyersguide** to learn more and to find a BMO Mortgage Specialist near you.

/BMOcommunity @BMO

BMO Bank of Montreal

Making money make sense®

®Registered trade-marks of Bank of Montreal.

Scan the photo to see a photo gallery of Boston coming together one year after the deadly marathon bombings.

Boston stays strong as thousands turn out to run the marathon

Resilience. Nearly 36,000 participate, including many kept from the finish line last year by the bombing that left three dead

Under heavy security that included surveillance cameras and police on rooftops, nearly 36,000 runners hit the streets Monday in the first Boston Marathon since last year's deadly bombing, sending a powerful message of resilience.

In what some saw as altogether fitting, an American won the men's division for the first time in more than 30 years, dominating a field that included many athletes who were prevented from completing the race last year.

The two pressure-cooker bombs that went off near the end of the course last year killed three and wounded more than 260 in a hellish spectacle of torn limbs, smoke and broken glass.

This year, police were deployed in force along the route, with helicopters circling above and bomb-sniffing dogs checking trash cans.

A total of 35,755 athletes were registered to run, the second-largest field in its history, with many coming to show support for the city and its signature sporting event. "Boston Strong" — the unofficial slogan adopted after the terrorist attack — was everywhere.

At 2:49 p.m., the time the bombs went off, spectators observed a moment of silence at the finish line. It was followed by some of the loudest cheers of the day as people whooped, clapped and rang cowbells.

American Meb Keflizighi, who had the names of last year's victims written on his race bib, won the men's title in two hours, eight minutes, 37 seconds.

THE ASSOCIATED PRESS

Bombing survivors Patrick Downes and Jessica Kensky roll across the finish line. ELISE AMENDOLA/THE ASSOCIATED PRESS

Meb Keflezighi of San Diego wins at the Boston Marathon on Monday. CHARLES KRUPA/THE ASSOCIATED PRESS

Kenya's Rita Jeptoo wins the women's division of Monday's Boston Marathon. CHARLES KRUPA/THE ASSOCIATED PRESS

WILLIAM ASHLEY WAREHOUSE
MOVING SALE!
Friday April 25 10 am – 9 pm
Saturday April 26 10 am – 6 pm
Sunday April 27 10 am – 6 pm
SAVE UP TO 90%*
62 Railside Road, Toronto
401 EAST
YORK MILLS RD
LAWRENCE AVE EAST
EGLINTON AVE EAST
RAILSIDE RD
VICTORIA PARK
plus SAVE THE TAX!
TABLEWARE · KITCHENWARE · HOME DÉCOR AND SO MUCH MORE!
WILLIAMASHLEY.COM
See you at our New and Improved Location in Vaughan, Ontario this November 2014.
*Save up to 90% off Ntl. Sugg. Reg. Price or Comparable Value. We reserve the right to limit quantities. Personal shopping only. Cash, Debit, Visa, Mastercard & Amex accepted. No cheques or credit notes. All sales final. E. & O.E
PLEASE NOTE: FOR SAFETY REASONS, STROLLERS AND CAR SEATS CANNOT BE ACCOMMODATED.

You could win a trip for two to Egypt with EGYPTAIR
With EGYPTAIR 4 weekly non-stop flights from Toronto to Cairo connecting to the Middle East, Far East and Africa
VISIT clubmetro.com TO ENTER
EGYPTAIR
A STAR ALLIANCE MEMBER
facebook.com/flyegyptair
twitter.com/flyegyptair
*terms & conditions apply.
No purchase necessary. Contest open to residents of the Greater Toronto area, excluding Quebec, who have reached the age of eighteen (18) years of age or older. Odds of winning depend on the number of eligible entries received. One (1) Grand Prizes are available to be won, consisting of return airfare for two from Pearson International Airport to Cairo International Airport (approximate retail value of $5000 CDN). Answering questions required. Contest closes May 9th 2014 at 11:59PM EST. To enter and for complete contest rules visit www.clubmetro.com

Friends, family say goodbye to murder victims

Calgary. Mourning the worst mass murder in the city's history

One was remembered as a wonderful friend who was always ready with a compliment, another as a tiny dancer with huge courage. The third was a skilled drummer who exemplified the statement, 'All is good.'

Three young people were remembered at funerals in Calgary on Monday — all victims in the worst mass murder in the city's history.

Jordan Segura, Kaiti Perras and Josh Hunter were stabbed to death along with Zackariah Rathwell and Lawrence Hong at a house party April 15. The party was being held to mark the end of classes at the University of Calgary.

A fellow party-goer, Matthew de Grood, has been charged with five counts of first-degree murder.

Segura's funeral was the first of the day. The 22-year-old was a religious studies student at the University of Calgary and had worked for the past year at McInnis and Holloway, the funeral home where the service was held.

A plain wooden coffin was covered with a bouquet of white carnations, and white roses sat at the front.

Jayda Shreenan, friends with Segura since high school, reassured more than 300 mourners that the university student wasn't alone when he died — he was surrounded by those who loved him.

THE CANADIAN PRESS

Pallbearers carry the casket of stabbing victim Kaiti Perras to the hearse at her funeral in Calgary on Monday. MIKE RIDEWOOD/THE CANADIAN PRESS

Stowaway. Boy survives 5-hour flight to Hawaii

A 16-year-old boy scrambled over an airport fence, crossed a tarmac and climbed into a jetliner's wheel well, then flew for five freezing hours to Hawaii — a misadventure that stirred concern about possible weak spots in the security system that protects the nation's airline fleet.

The boy, who lives in Santa Clara, California, and attends a local high school, hopped out of the wheel well of a Boeing 767 on the Maui airport tarmac Sunday. Authorities found him wandering around the airport grounds with no identification. He was questioned by the FBI and taken by ambulance to a hospital, where he was found to be unharmed.

The boy survived the unpressurized space, where temperatures at cruising altitude can fall well below zero and the air is too thin for humans to stay conscious.

THE ASSOCIATED PRESS

In 1 year become a
✓PARALEGAL
✓LAW CLERK
CLASSES START MAY 5TH
Herzing College offers a one year LSUC-accrediting Paralegal program and Law Clerk program that include internships.

Why Choose Herzing College?
- 93% Employment Rate for 2013
- Educating students in Toronto since 1968
- Internship with every diploma program
- Excellent full-time Career Development Department
- Instructors with industry experience
- Program includes field trips and guest speakers
- Presentation Centre for Student mock trials
- Ministry Approved for Second Career Funding
- Conveniently located in the Toronto Eaton Centre
- Student Loans & Grants available if you qualify
- No classes on Fridays!

Join us on facebook.com/herzingtoronto
Contact Herzing College today!
HERZING® COLLEGE
Check out our student testimonials on youtube!
416-599-6996
Herzing.ca/Toronto | infotoronto.herzing.edu

Reduced Weekend Train Service Between Whitby & Oshawa GO
April 11-13 & 25-27, 2014

Over two weekends in April, we will be making improvements to the train tracks at South Blair Street crossing to enhance pedestrian and vehicle safety in the area.

Hourly service between Whitby and Oshawa GO
- Starting Friday, April 11 (from 7pm onwards) to end of day Sunday, April 13
- Again on Friday, April 25 (from 7pm onwards) to end of day Sunday, April 27

What you need to know:
- GO Trains will only travel to/from Oshawa GO Station once an hour.
- GO shuttle buses will operate between Oshawa GO (Platform 5) and Whitby GO (bus stop on the north side of the station).
- GO Bus Route 90 & 91 will hold to connect to the GO shuttle buses.
- Regular 30 minute train service will continue between Whitby GO and Union.
- If you normally drive to Oshawa GO, consider driving to Whitby GO instead.

Thank you for your patience while we complete this important project.

Schedules can be found at gotransit.com/schedulechanges

416 869 3200
1 888 GET ON GO (438 6646)
TTY 1 800 387 3652

Pour plus de renseignements, veuillez visiter le site gotransit.com ou composer un des numéros ci-dessus.

METROLINX
An agency of the Government of Ontario

ROCHON | GENOVA LLP
BARRISTERS – AVOCATS

DISABILITY CLAIMS?

Have you been denied or cut off from your long or short–term disability insurance benefits? We can help you!

- Free Consultation
- No payment until claim is settled

Call: 416-363-1867
www.rochongenova.com

FarmersOnly sows seeds of love via dating website

Yee Haw! Online site helps farmers find fellow cowboy-boot wearers to knock boots with ... and to live happily ever after with home on the range

Daniel Seitz was at home on his family's farm in southeastern Saskatchewan, watching a TV agriculture report, when an ad popped up on the screen and tugged at his lonely heart.

An online dating site called FarmersOnly promised to steer him clear of city slicker singles and hook him up with potential partners looking for a man just like him, one comfortable in cowboy boots and living life on the land.

Chelsea and Daniel Seitz pose at their 2013 wedding in Pierson, Man.
CHRIS JONES/THE CANADIAN PRESS/HANDOUT

Two years later, the 27-year-old electrician and cattle farmer is newly married to a horse-riding farm girl who won him over with her smile, with a four-year-old step-daughter and a new baby on the way.

It's an online love story that FarmersOnly founder, Jerry Miller, is hoping to see more of in Canada.

Miller was doing agricultural marketing when he came up with the idea for the dating site in 2005. A divorced, female friend was having trouble meeting men while working long hours on her farm, and found suitors on other dating websites didn't have a clue about what her life was like. The little dating site that grew now has about 1.5 million members.

It's one of many niche dating sites that have popped up in North America in recent years. THE CANADIAN PRESS

Rewards early adopters

Prepare to pay about a toonie more for Netflix

Netflix is about to raise its prices for the first time in three years to help pay for more Internet video programming such as its popular political drama House of Cards. The increase, to take place sometime before July, will hike prices by $1 or $2 US per month for new customers. THE ASSOCIATED PRESS

Market Minute

DOLLAR 90.79¢ (-0.01¢)

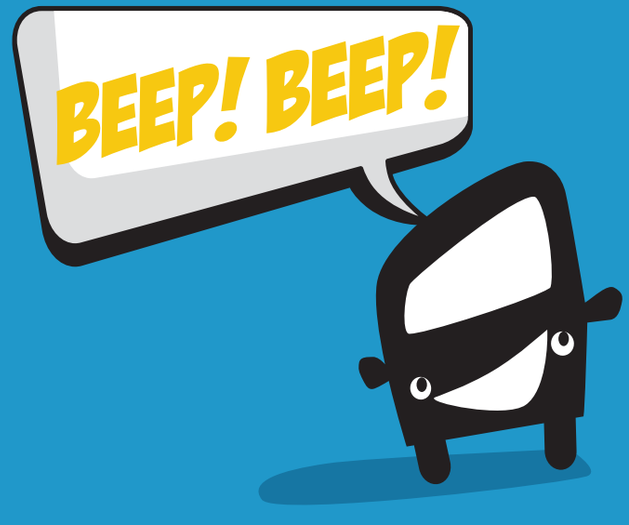
TSX 14,493.68 (-6.71)

OIL $104.37 US (+$0.07)

GOLD $1,288.50 US (-$5.40)

Natural gas: $4.70 US (-$0.06)
Dow Jones: 16,449.25 (+40.71)

Compare car insurance and you could save hundreds.



Call or visit us online for 10 quotes in just a few minutes.

1-855-821-7312

InsuranceHotline.com

NOT ALL PASSIONS COME WITH A PAYCHEQUE

SHE SAYS

Jessica Napier
metronews.ca

Confucius supposedly said that if you do what you love then you'll never work a day in your life.

This is a nice little idiom; however, there are very few people who manage to see it through. In fact, a 2013 employment poll by Gallup found that only 13 per cent of people are actively engaged at work and the vast majority of employees worldwide report an overall negative job experience.

Transforming a personal interest into a lucrative occupation that provides you with a sense of purpose and accomplishment is definitely possible. I love to write, and authoring my own newspaper column is a dream job for me but it still feels like a job sometimes — especially when I have a deadline looming.

Jobs come with a certain level of accountability and there are always going to be some mundane administrative tasks to do. We have reports to produce, bosses to answer to and targets to meet and it's unreasonable to assume that every single workday is going to feel like an incredibly gratifying experience.

It's also important to remember that without work, there would be no play. Leisure time is enjoyable because it is free of the responsibilities and expectations that come with a job. Taking something you love to do — whether it's taking photographs or baking pastries or playing the guitar — and turning it into a paycheque is going to change the way you experience that passion.

And yet, we are constantly told that our career decisions should reflect our personal interests. In a 2005 commencement address at Stanford University, Steve Jobs told the graduating class, "The only way to do great work is to love what you do," and, "If you haven't found it yet, keep looking."

It's an inspiring thought, of course, but how many young people are out there desperately trying to find their life's purpose and coming up short? Not all of us possess a very specific burning desire to practise law or plan weddings or become a marine biologist. Telling someone that they must spend their life searching for their true calling is kind of like saying there is only one special soulmate out there for each of us and if we can't find him or her then we have somehow failed. There are so many unexpected things that can happen in life to change who you are and what you want to do, why limit yourself to the pursuit of one single career destiny?

You might not always love what you do, but work is just one part of life and it doesn't have to define who you are.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Science has brush with art

A woman views the painting The Fighting Temeraire by J.M.W. Turner at the National Maritime Museum in Greenwich, England. The exhibition opened on Nov. 22, 2013 and ended Monday. OLI SCARFF/GETTY IMAGES

Artists' canvases capture air pollution

A new scientific study shows that landscapes painted by the likes of J.M.W. Turner are the picture of pollution. The report, led by Andreas Kazantzidis from the University of Patras, Greece, revealed that artists' stunning sunsets became redder as air pollution increased. Kazantzidis and his team of scientists analyzed hundreds of artworks painted between 1500 and 2000 and found a correlation between events such as volcanic eruptions and the sky coloration on the canvases of some of the artists. METRO

Q&A

Study links volcanoes to art

Metro spoke with researcher Andreas Kazantzidis about the study.

Is it fair to say that many artists owe a lot to pollution?
Yes, for many of them it's true. The images would not be so romantic as we see them now.

Why are some of the sunsets and sunrises redder?
The basic idea is that we can scientifically demonstrate the fact that the change of atmospheric constituents (aerosols) affects the colours depicted in the paintings. There are different colours in sunset and sunrise because there are different constituents in the atmosphere.

What part of the world did you look to?
Most of our research corresponds with the atmospheric conditions in Europe. In some paintings you see significant changes in the colours and this is connected to volcanic eruptions.

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...

DOWNLOAD METRO NEWS APP

FILL SCREEN WITH IMAGE TO SCAN

METRO AR IMAGE JUMPS TO LIFE

metro AR

In this issue, you can find AR enhancements on page 6 in News, page 11 in Scene, page 17 in Life, and page 20 in Sports.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Look, Mom, I'm flying through fireworks

ANDREW FIFIELD
metronews.ca

Ask me to name the thing I'd most like to be mass-produced to the point of affordability for humble folk: it's the remote control quadrocopter. Think of it as a personal drone.

Not for nefarious purposes, of course. It's mostly because an earlier dream of owning an elite model airplane is sadly antiquated by now. However, this person's fabulous idea to send their DJI Phantom into a fireworks show makes a pretty good case, too. The song is Arcade Fire's Sprawl II, in case you're wondering. (Via Gasper C on Vimeo)

GETTY IMAGES

metro

President and Publisher Bill McDonald • **Editor-in-Chief** Charlotte Empey • **National Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Toronto** Tarin Elbert • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Distribution Manager** Steve Malandro • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative and Marketing Services** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO TORONTO** 625 Church St., 6th Floor Toronto ON M4Y 2G1 • **Telephone:** 416-486-4900 • **Fax:** 416-482-8097 • **Advertising:** 416-486-4900 ext. 316 • adinfotoronto@metronews.ca • **Distribution:** toronto_distribution@metronews.ca • **News tips:** toronto@metronews.ca • **Letters to the Editor:** torontoletters@metronews.ca

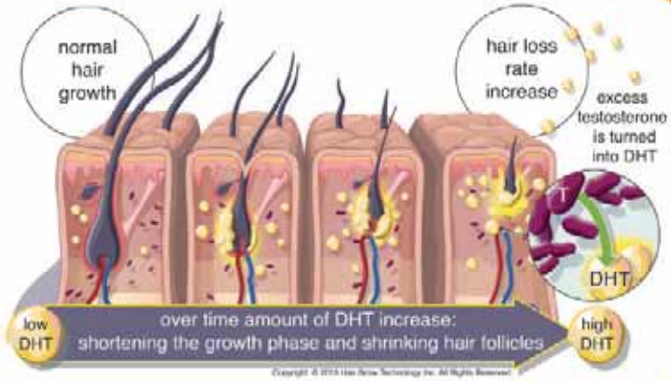
STOP HAIR LOSS

#1 SELLING IN CANADA

for MEN and for WOMEN

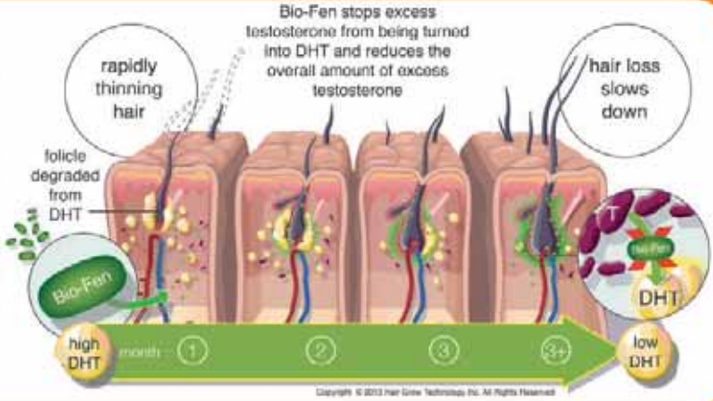
What Causes Hair Loss?

Hair loss is caused by multiple factors; health, medication, diet, stress, illness and hereditary genetics. One major reason is hereditary genetics which determine our potential hair loss condition. Some people see hair loss in their 20's, while others see little hair loss over their lifetime. An enzyme called 5-alpha reductase converts testosterone into dihydrotestosterone (DHT), which inhibits hair production and degrade the follicles over time. This condition is known as androgenic alopecia (AGA), also called male and female pattern baldness. As DHT attack the hair follicles it will lead to thinner and more fragile hair as you age.


normal hair growth
hair loss rate increase
excess testosterone is turned into DHT
DHT
low DHT
over time amount of DHT increase:
shortening the growth phase and shrinking hair follicles
high DHT

How does Bio-Fen® PLUS work?

The fenugreek seed extract in both formulas reduces excess blood lipid levels. Fenugreek contains an active plant sterol, which has been shown to inhibit 5-alpha-reductase activity – the enzyme responsible for converting excess testosterone to *DHT* (which is the primary molecule that causes hair loss). The SDG from flax lignans in both formulas also decreases excess cholesterol - the building block of testosterone. Based on new research on the rate of metabolism of SDG in flax lignans (8-12 hours on average).



How long must I use Bio-Fen® Plus?

Bio-Fen® Plus for Men capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or the rate of hair loss is decreased. Anyone experiencing new growth should see it within four months. Once you stop completely your hair growth pattern will slowly go back to the point where you started.

See our website to locate your nearest store that carries *Bio-Fen® Plus.*

www.biofen.com • 1-866-424-7745

Available at Health Food Stores, Supplement Stores & Independent Pharmacies

Bio-Fen® Plus for Men will also help to:

- ***Relieve the urologic symptoms associated with mild to moderate benign prostatic hyperplasia - BPH*** *(e.g. weak urine flow, incomplete voiding, frequent daytime and night time urination).*
- ***Reduce elevated blood lipid levels / hyperlipidemia.***

Bio-Fen® Plus for Women will also help to:

- ***Reduce elevated blood lipid levels/hyperlipidemia***
- ***Prevent iron deficiency.***
- ***Metabolize carbohydrates, fats and proteins.***

Save $5.00 off your purchase!

COUPON:

Each coupon is valid for one bottle of Bio-Fen® Plus for Men or Bio-Fen® Plus for Women. Valid one coupon per bottle. Coupon is void when reproduced or altered in anyway. Coupon expires on **June 30, 2014.** Retailers must submit all coupons with a copy of the receipt for reimbursement to Hair Grow Technology with 30 days after the expiration date.

DVD review

Sorcerer

Director. William Friedkin

Stars. Roy Schreider

Almost as risky as Sorcerer's central plot of transporting nitroglycerine was the decision by William Friedkin to essentially remake Henri-Georges Clouzot's 1953 Cannes winner The Wages of Fear. How do you improve on a masterpiece? You can't, and Friedkin didn't, which explains why this 1977 thriller by The French Connection director was treated as an expensive indulgence back in the day. But time and critical reappraisals have been kinder, justifying Blu-ray ballyhoo. The canvas is broader but the main story remains: Four men with two trucks loaded with highly volatile nitro must travel hundreds of kilometres over rough South American terrain to blow up an oil well fire. The nitro's split between two trucks, because nobody believes both vehicles will make it. What the film lacks in novelty, it makes up in genuine suspense, aided by a nerve-jangling electronic soundtrack by Tangerine Dream.

PETER HOWELL

Finding the true Felix

Orphan Black. Metro sits down with actor Jordan Gavaris to discuss the evolution of his character on the show

LISA WEIDENFELD
Metro World News

Jordan Gavaris plays Felix in Orphan Black. COURTESY SPACE

Jordan Gavaris plays heroically helpful foster sibling Felix to main clone Sarah on Orphan Black. We talked to him about what's ahead for him in Season 2, airing Saturdays at 9 p.m. ET on Space, and whether Felix is finally getting fed up with Sarah taking him for granted.

The Season 2 poster seemed to imply that Felix and Alison will be getting closer this season. Would you say that's accurate?
Oh, you may be onto something. I think that poster is filled with Easter eggs. Felix and Alison do have a close relationship this season and I can't say as to whether or not it comes at the cost of Felix and Sarah's relationship, but I can tell you there's a real point of contention between Felix and Sarah that will come to a head and Felix will make a decision. I think he's been living life as an accessory to the Clone Club and it's time that he claimed a piece of his identity, because after all, that's thematically what the show's about. It's about identity. It's no surprise and it's not an accident that Felix loses a bit of his identity in the Clone Club.

What is it about Alison that draws him in? She's so different from him.
She's so different and yet she's the same. In a different life, I would say that Felix could have easily been a suburban gay dad and I think that in a different life, Alison could have been some sort of superfluous, frivolous girl with her gay best friend. I think that they missed each other's archetype by just a hair. I think that's what's cool about the show and one of the recurrent themes is that it's not so much about "How are you different from me?", it's "How are we the same?" Felix and Alison for all intents and purposes, should hate each other, but they found a common thread.

Will we see Felix get a bit more of his own plotline this season?
It was something that I really pushed for and something (co-creators) John (Fawcett) and Graeme (Manson) were really excited to do. I think first season he's so willing to submit, he just rolls into submission when it comes to being an asset to the Clone Club, being their only ally. But in reality, how long could a person realistically go living in fear without saying, "No" some of the time, or asking some questions or getting frustrated because they lost who they are? I think this season in particular it was just really important to me to capitalize on truth and honesty and humanity and say, well, yes, he's a great brother, but he's also human and he's going to say "No" sometimes, because Sarah's requests keep getting more outlandish and more dangerous.

Will Felix lose patience with Sarah's requests?
I think so. I think it may not play out the way the audience expects it will play out, but there will be some conversations between the two of them, some fraught conversations, and we get to see Felix as an entity outside of clone club.

What was your favourite scene to film this season?
There's a romantic connection that Felix has this season that is not just romantic, but an important connection for him as an individual, and I think it was probably one of my favourite things to do this season. It was also one of the scariest because in these particular moments he's very open and honest and real, and that was tough for me because Felix is a character that loves to wear masks.

TWO COUNTRIES, ONE UNLIMITED PLAN.

Unlimited data, talk & text in Canada and across the USA. $39/month

OFFER ENDS SOON

Samsung® Galaxy S5

WIND
true mobile freedom

Offers are valid as of April 14th, 2014 and are available for a limited time and are subject to change or cancellation without notice. All unlimited plan features are available from anywhere on our network, otherwise domestic roaming rates apply. $39 promotional plan cannot be combined with the Bring/Buy Your Own Phone offer. For eligible devices, the $39 plan may be activated in conjunction with WINDtab. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. Applicable taxes extra. Additional terms and conditions apply. Learn more at WINDmobile.ca. © 2014 Samsung Electronics Canada Inc. All rights reserved. Samsung is a registered trademark of Samsung Electronics Canada Inc., and Samsung Galaxy S5 is a trademark of Samsung Electronics Canada Inc. and/or its related entities, used with permission. Screen images simulated. WIND, WIND MOBILE and TRUE MOBILE FREEDOM are trademarks of Wind Telecommunicazioni S.p.A and are used under license in Canada by Globalive Wireless Management Corp. © 2014 WIND Mobile

DO YOU HAVE A FATTY LIVER?

According to recent studies almost 40% of us and 90% of overweight people have fatty livers - making it one of the biggest health issues today. Having a fatty liver is not only linked to inflammation, diabetes and heart problems, but also to weight gain, specially around the belly.

What is a fatty liver?

You probably know of *fois gras*, which is French for fatty liver. This delicacy food is made from the controversial force feeding of animals. The large amounts of food stresses the liver and inhibits it from doing its job of burning calories and metabolizing fats. Instead the liver starts creating fat and storing it in the liver itself as body fat.

What is the cause?

The main reason a liver becomes fatty seems to be high amounts of fructose. The liver normally processes these well but when eaten in concentrated high amounts, the liver starts converting them to fat.

How to recognize if you have a fatty liver?

It can be hard to know if you have a fatty liver but the first sign is belly fat or what is known as having an apple shape. A fatty liver is bigger in size and this too can make the upper part of the stomach seem protruding. Other signs can be fatigue, inflammation and poor cholesterol levels.

2 important steps to take for liver health

To start improving your liver's health there are two important steps to take. One is to cut all high fructose foods. Examples are sugary sodas, candy and any prepared foods with high fructose corn syrup. The second step is to assist the liver by taking liver supporting herbal extracts.

Active Liver™ tablets are made in Sweden by New Nordic. In contrast to diet products on the market, they specifically work to support the liver and increase the flushing of toxins and fats from your body. Simply take one tablet a day as your daily liver supporting supplement.

At participating pharmacies, health food stores and online. 1-877-696-6734.

NEW NORDIC
newnordic.ca

Loblaws* Superstore* Extra Foods Zehrs Markets* shop online
SHOPPERS DRUG MART Nature's Farm Markets amazon.ca Well.ca

* ® / ™ Trademarks of Loblaws Inc. Used with permission. All rights reserved. Loblaws Inc., its parent company or any of its franchisees and/or affiliates are not a sponsor of, nor affiliated with New Nordic. To make sure this product is right for you, always read the label and follow the instructions before using it.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lohan reveals miscarriage and dishes on infamous list

THE WORD
Dorothy Robinson
scene@metronews.ca

Sunday night's episode of Lindsay, the Oprah Winfrey-produced reality show featuring America's favourite red-headed train wreck, Lindsay Lohan, was pretty dishy. Not only did Lohan drop the bombshell that she suffered through a miscarriage earlier in the season, but she claims her infamous "sex list" was stolen from rehab.

Regarding the miscarriage, Lohan was explaining why she missed days of filming her show, which was caught on camera: "No one knows this — I had a miscarriage for those weeks that I took off," she claimed. "I couldn't move, I was sick ... Mentally, that messes with you." The father was not named.

She also opened up about her infamous sexual conquest list, confirming the list's authenticity and shedding light on its origins. "That was part of my Betty Ford (treatment) — it's step number five or step number eight, your sexual inventory. You write that for your sponsor. That was in my Betty Ford book," she said. "That's something I didn't show anyone aside from my sponsor, who's also a very well-known person." So how did the list make its way into the pages of tabloid In Touch? "When I was moving and I was at the Beverly Hills Hotel, there were two people there who helped me move," the troubled starlet says. "Someone took a photo (of my Betty Ford book) and I'm pretty sure I know who it is, and they're not part of my life anymore."

You could **WIN** a family four-pack pass to the advance screening on May 3rd!

Visit clubmetro.com to enter

VISIT clubmetro.com TO ENTER

In Theatres May 9th

www.legendsofozmovie.com

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

Brand in deep GOOP due to grandiose owings?

It looks like Gwyneth Paltrow is having more than just marital problems. Her lifestyle empire GOOP appears to be in serious trouble, according to corporate filings obtained by Radar Online just days after the company's CEO, Sebastian Bishop, unexpectedly stepped down. While GOOP brought in plenty of money in 2012 — with total declared income of $1.8 million — the company operated at a loss due to just as much in "administrative expenses," including salaries for Paltrow and Bishop totaling nearly $600,000 each in addition to "loans to directors" — $49,000 to Paltrow and $84,000 to Bishop — that were never paid back. All told, GOOP ended 2012 operating at a loss of nearly $40,000.

Peaches Geldof ALL PHOTOS GETTY IMAGES

British celebrities gather at funeral for Peaches Geldof, laid to rest at age 25

On Monday, celebrities gathered for the funeral of the British model and TV personality Peaches Geldof, who died at age 25 earlier this month.

Model Kate Moss and former Rolling Stones bassist Bill Wyman were among those attending the private service at a village church in Kent, southern England.

Geldof married her second husband Tom Cohen at the same church. It's also where her mother Paula Yates' funeral was held when she died of accidental drug overdose in 2000.

It is not yet known what caused the sudden death of Geldof, who was found at her home on April 7. Police say it was "non-suspicious and unexplained," and a toxicology report could take several weeks.

THE ASSOCIATED PRESS

Coming to Toronto 11 DAYS ONLY

HUDSON'S BAY OPTICAL
DESIGNER EYEWEAR TRUNKSHOW

50%OFF
EYEGLASSES
Prescription Sunglasses $99
includes Progressive Lenses.See optician for details.

Thursday, April 24th through Sunday, May 4th
Complete pair purchase required. Selected designer brands. See optician for details.

Only at
Bloor & Yonge
(416) 972-3352

HUDSON'S BAY

New album by THE TREWS
Featuring the hit single "What's Fair is Fair"

$10 each until April 28

Available at Walmart

Available in Canada only. Selection may vary by store.
While quantities last.

Harbourfront centre
HATCH 2014

An integrated social media performance lab

An interactive script with_____ spaces weaves a tale of language in exile.

The Ballad of ____B
Francisco-Fernando Granados
April 26 | 8pm

@franfergra

photo credit: Manolo Lugo

For tickets call **416-973-4000** or visit **harbourfrontcentre.com/hatch** | **#HATCHTO**

Site Partners
Canada | Toronto
Programming Partners
Patrimoine canadien Canadian Heritage | Canada Council for the Arts Conseil des Arts du Canada | Ontario Arts Council Conseil des arts de l'Ontario | Toronto Arts Council
Corporate Site Partners
enwave | WestJet | Redpath | Natrel
Media Partners
Toronto Star thestar.com | The Grid | metro | Toronto Today | Omni | CBC

LIFE 3

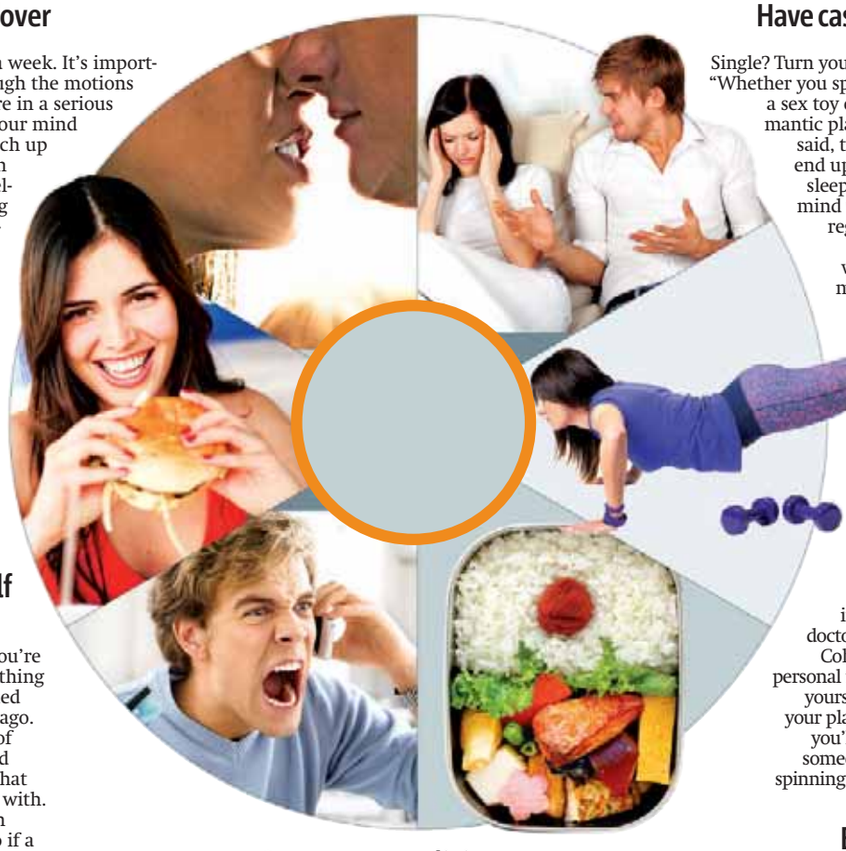
Feng shui your entire life

Don't be a selfish lover, let go of the past and have some smoked salmon for lunch. Whether you need to press the reset button or start from scratch, love, health and fitness experts have some reminders of how to live your life — better.

ROMINA MCGUINNESS Metro World News in London

Don't be a selfish lover

"Have sex at least once a week. It's important to put yourself through the motions — especially when you're in a serious relationship — even if your mind needs a little time to catch up with your body," says Ian Kerner, sexuality counsellor and author of The Big Fun Sexy Sex Book. Masturbating to thoughts of your partner also helps to fuel long-lasting desire but indulge sparingly, he adds: "Orgasm is a powerful reward. If you get used to self-pleasuring and taking care of your own needs, you will slowly start to disconnect yourself from your partner and isolate your feelings."



Have casual sex — but be selective

Single? Turn your room into a love nest, says Kerner. "Whether you splash out on some nice sheets or buy a sex toy or two, turn your bedroom into a romantic place you're happy having sex in. That said, too many people have casual sex and end up feeling yucky and ashamed so only sleep with someone you know you won't mind waking up with. You're less likely to regret it if you actually like the person and it might well turn into more…"

Unshackle yourself from the past

Your life, the one that you're living right now, has nothing to do with what happened five years or two weeks ago. The past is a collection of thoughts that affects and influences us 24/7, but that we can't physically deal with. We're frustrated with an illusion, not a reality. So if a thought makes you unhappy, don't deny it; instead, try to fill your mind with something more positive, says Kerner. "Your happiness should never depend on someone else's unhappiness. So be accountable for your mistakes — being the victim is the easy way out," he adds.

Social media is powerful — make the most of it

Book an appointment with yourself in the same way you would schedule a doctors appointment, recommends Charli Cohen, a luxury sportswear designer and personal trainer based in London. "If you make yourself accountable to yourself by sharing your plans on various social media platforms, you'll look a little silly if you bail and then someone asks you about that 'excruciating' spinning class you posted about," she explains.

Concentrate on living

Your actions and your thoughts have to be going in the same direction, says London-based life coach and well-being expert Master Simon Lau: "The body doesn't understand trends or desires — only your ego does. So when you're doing something, just concentrate on that, otherwise, your body is never going to enjoy whatever it is that you do. When you eat, concentrate on eating, when you work, concentrate on working," he recommends.

Eat a cleverly packed lunch

"Prepare what food you can in advance so you can take it to work in a Tupperware. Just make sure you get some protein and fibre in there — you'll end up with a meal that's much better rounded than a bowl of pasta," says Cohen. If you're lacking inspiration or time, then go for no-nonsense options, such as cooked chicken, smoked salmon, avocados and vegetables that can be eaten raw such as pepper and cucumber, she suggests.

HEALTHY MEN & WOMEN NEEDED

We are looking for healthy men and women to participate in clinical research studies

You will be compensated up to $3,000 upon completion of the study

PHARMA MEDICA RESEARCH INC.

www.pmri.ca

416.759.5554

For your phone

Windy (iPhone/iPad; $1.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

A creative soundscape for focus and relaxation, Windy combines 3D parallax-view landscapes with stereoscopic audio of caressing winds and rustling leaves. It includes a story, a timer, and hidden unlockables.

Half Off

When Elisha received an email from a reader who harshly criticized her for failing to lose weight over the last several months (the person told her to "stop making excuses and get serious"), she responded first with anger, then grumpiness, and then tears. But is it going to derail Elisha from her Half-Off journey? Visit metronews.ca/voices/halfoff to find out.

Feel good about saving our planet

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Good news about the environment is hard to come by.

For one thing, in the view of many people, Canada's image has been tarnished, or should we say "tarred," by the ongoing development of the oil sands.

For another, the economic rise of China and India appears to be at the cost of the environment. Global warming threatens the world's food supply, and is being linked by studies to some (though not all) of the extreme weather events the world has seen recently.

But as Lindsay Borthwick writes in Best Health, when environmental change is looked at through the lens of time — the modern environmental movement arose in the early 1970s, a short 40 years ago — there is reason for hope.

One area is with ozone recovery. No, the infamous ozone hole that appears over the Antarctic each winter hasn't disappeared, but scientists agree we have saved the ozone layer itself, the part of the atmosphere that shields Earth from the sun's harmful ultraviolet rays.

That's thanks to the Montreal Protocol, an international agreement to phase out production of chemical coolants such as chlorofluorocarbons, or CFCs. Since it was signed in Montreal in 1987 by 24 nations (today it has been ratified by every country in the world), the amount of ozone-depleting CFCs in the atmosphere has begun to decrease and the ozone layer's thickness has stabilized, demonstrating the life-saving impact an international environmental treaty can have.

These days, the global community has its sights on a new target: hydrofluorocarbons. HFCs don't deplete ozone, so they are now widely used as coolants in refrigerators and air conditioners. But they are "super-pollutants," potent greenhouse gases that trap heat in the atmosphere. Fortunately, by last September, China and the Group of 20 (including Canada and the U.S.) had announced plans to phase down the production and use of HFCs. The next challenge? Get the rest of the world to follow.

Another environmental challenge is getting Canada to enshrine environmental protection into our constitution. A remarkable 140 countries have done so, and 98 recognize that a safe, healthy, robust environment is a human right.

Canada hasn't done this with our constitution, but a recent David Suzuki Foundation poll showed that 83 per cent of us support the idea. Legal stipulations alone don't solve environmental problems, but they do help make them national priorities, stimulate stronger laws and raise government accountability.

BEST HEALTH IS ON NEWSSTANDS, OR YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA. WE ALSO HAVE AN AWARD-WINNING IPAD EDITION.

Many countries have stepped up in making better choices to help the environment. Have we? ISTOCK

EARN UP TO $7500!

Are you a Healthy Person between 18 and 55 years of age?
If so we want to hear from you!

Apotex is currently recruiting healthy men and women to participate in studies on Pharmaceutical products.

REGISTER ONLINE AT WWW.APOTEX.CA or Call: 416-741-4256
Toll Free: 1-877-APO-CLNC (1-877-276-2562)
Hours: 8:30am to 5pm Monday to Friday

- YOU WILL BE PAID upon completion of the study
- Compensation may range from $1000 to $7500 depending on the length of the study

APOTEX
ADVANCING GENERICS

WE NEED MALES & FEMALES

Are you a healthy, non-smoking,
MALE OR FEMALE
18 YEARS OF AGE OR OLDER?

Free of daily medications?

If so, you may be eligible for our upcoming clinical research studies:

Study 1714, Males
18-55 years of age
Study starts on Tuesday, May 13, 2014
- 4 sessions with 3 return visits per session
- Compensation is up to $2,650 for completing the entire study.

CALL: 416-747-5246
Toll Free: 1-866-747-5246
Monday to Friday 8-8
Weekend 10-6

BioPharma Services Inc.

4000 Weston Road, Toronto • www.biopharmaservices.ca

It's not hard to say goodbye to those allergies

Spring brings different things to all of us. For some it's a time to finally get back to jogging outside, for others it's a time to clean the backyard and plant this year's garden. Whichever way we decide to enjoy the spring weather, we must also be prepared for the arrival of nasty allergies

Nasal congestion, runny noses, sneezing, itchy palates, and red, watery, itchy eyes can become a nightmare for many. If you suffer from seasonal allergies, don't dread the arrival of spring.

Follow these recommendations from the Canadian Health Food Association (CHFA) to help soothe the symptoms of your allergies and beat the sniffles and sneezes altogether:

Vitamin C
Vitamin C has been shown to reduce histamine levels. Made by the body, histamines are linked to allergy symptoms. Vitamin C has also been shown to help decrease the sensitivity of our respiratory tract to histamines.

Quercetin
This is a bioflavonoid that prevents the release of histamines and other inflammatory chemicals that can cause allergy symptoms. It has been found to be extremely effective at reducing the symptoms of spring allergies. Quercetin can be purchased as a supplement from your natural health food retailer. Alternatively, cayenne pepper and garlic are also great natural sources of it.

Natural ways to beat allergies include thyme. NEWS CANADA

Organic thyme
Thyme can help to naturally relieve congestion that often occurs during the onset of spring allergies. It also aids in fighting infections caused by phlegm. To experience its benefits, drink a tea made from fresh thyme twice a day or take a supplement that preserves the natural properties of the herb.

Organic Peppermint tea
Tea also helps to relieve congestion; this is because the essential oils of peppermint tea are a natural decongestant. By eliminating the mucus and buildup in your respiratory tract, you also eliminate some of the allergens and irritants that may get caught there.

Organic chamomile
Its anti-inflammatory properties offer great relief to dry, itchy eyes. Place cold, wet organic chamomile tea bags over your eyes for 10 minutes for a lasting soothing effect.

Honey
Honey's healing qualities make it a great natural treatment for soothing sore throats caused by allergies. It's also widely believed that eating honey produced by bees in your region can help relieve allergies. Bees transfer pollen from flower blossoms to honey, so if you eat honey produced in your region, you will gradually become inoculated against the irritating effects of the pollen in your area.

Organic Ginger
This is a natural pain killer and anti-inflammatory. It can also help soothe the irritation of the respiratory tract and is especially powerful when combined with honey.

Whatever natural alternatives you decided to try this spring, remember it's always best to consult your health care practitioner before making any significant changes to your supplement regimen.

NEWS CANADA

Don't let hearing loss become a BIG problem...

2 DAYS ONLY

End your isolation now!

The solution can be this simple and small.

You are invited to experience what clear hearing really sounds like. At our annual open house you'll feel the comfort of the sound quality that advanced technology gives you so you can retake control of your life!

Call for a FREE DEMO & TAKE HOME TRIAL!
and receive:
• 3 year warranty
• unlimited follow-up appointments

HEARING AID CENTRAL
OPEN HOUSE
Wednesday April 30th
and Thursday May 1st

BOOK YOUR SPOT TODAY!
416-551-4327

ACT NOW! and call us quickly as the first 8 people getting their hearing tested will be entered into a draw to win a dinner for two at the Keg!

HearingAid Central

STEPS FROM DUNDAS WEST SUBWAY STATION
2333 DUNDAS ST. W.
SUITE 304, TORONTO
contact@hearingaidcentral.ca
www.hearingaidcentral.ca

See that symbol? It means you can scan the image below with your Metro News app to see a video of Theresa Albert learning about yogurt

Cluckin' good strips

This recipe serves six. THERESA ALBERT

Homemade Chicken Strips with Yogurt Dip. You'll never go back to the fast-food version after you make these simple dippers

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Most chicken strips on the market are made with more fat and salt than you would like. The crust usually consists of white flour and they're often deep-fried before they're frozen.

Sometimes they are whole pieces of chicken but often they are pressed, processed bits. You can do better and it won't take more than 10 minutes.

1. In bowl, toss together bread crumbs, cornmeal, paprika, celery salt, onion powder, garlic powder and poultry seasoning. In a separate plate mix together yogurt, honey and water.

Ingredients

- 1 cup whole grain bread crumbs (or 1/2 cup bread crumbs + 1/2 cup wheat germ)
- 1/4 cup cornmeal
- 1 tsp paprika
- 1/2 tsp celery salt
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp poultry seasoning
- 1/2 cup plain yogurt (not Greek)
- 1 tbsp liquid honey
- 2 tbsp water
- 4 boneless skinless chicken breast halves

Cucumber Dip

- 1 1/2 cups cucumber, grated
- 1 cup plain yogurt
- 1/2 tsp lemon, juice
- 1/2 tsp sea salt
- 1/2 tsp garlic, minced or dried

FLASH FOOD

From your fridge to your table in 30 minutes or less

2. Slice chicken breasts into thin strips.

3. Dip chicken into yogurt mix and dredge in bread crumb mixture. Lay in a single layer on cookie sheet and bake at 350 F 15-25 minutes (depending on thickness of strips). The cookie sheet can go directly into the freezer for storage. Once frozen, remove strips to a freezer bag and bake directly from frozen: 325 F for 25 to 35 minutes.

4. Dip: While strips bake, grate cucumbers and remove all moisture (strain through cheese cloth). In small bowl, blend yogurt, lemon juice, salt and garlic. Stir in cucumbers.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Health Solutions

What's your culture?

What kind of yogurt should I eat? Is it really that good for you? What does it do? What is kefir? You know you've stood in the dairy aisle, freezing, and asking yourself these questions!

Yogurt and kefir are both milk products that can be made from the dairy of any animal. The differences are:

- The animal that the milk came from
- The type of bacteria used to ferment the milk
- What/how much sugar and flavouring were added

Your bowel benefits from a variety of good cultures, which means that adding both is most beneficial. It's these good bacteria in your system that help break down food, convert nutrients into a usable form and carry those nutrients to the rest of your body. Many prefer organic yogurt as it comes from cows fed organic grains and raised on pasture, which may contribute to a higher nutrient profile of the milk.

THERESA ALBERT OF MYFRIENDINFOOD.COM

YOUR PICTURES DESERVE MORE THAN A HASHTAG.

Canvases
SAVE 25%

Hardcover Photobooks
SAVE 25%

Greeting Cards
FROM $3.99

Smartphone Photo Cases
FROM $14.99

Take your pictures further at the new BLACKS. There are tons of exciting ways to create, explore, and bring new life to your pictures. Play around in-store, at blacks.ca, or with our new BLACKS App.

blacks

blacks.ca

Visit our newly designed stores:

- Pickering Town Centre – Pickering, ON
- Masonville Place – London, ON
- Upper Canada Mall – Newmarket, ON
- Yonge & Eglinton – Toronto, ON
- Exchange Tower – Toronto, ON

Hardcover Photobook online offer ends Friday, April 25, 2014, Hardcover Photobook in-store offer ends Sunday, May 4, 2014. All other offers end Sunday, May 4, 2014. All offers available in-store and at blacks.ca. Product assortment and availability varies on blacks.ca and in-store. BLACKS reserves the right to modify offer details and pricing at any time without advance notice. BLACKS is a registered trademark of BLACKS partnership/BLACKS s.e.n.c.

Company has a leg up on competition

Lazypants for a busy world. Canadian pant provisioner has found great success in loungewear for those who like to mix style with serious comfort

TAKARA SMALL
Metro News in Toronto
@takarasmall

With modern life constantly seeing people on the go, you'd think the days of lounging around, and moreover shelling out money for sweatpants, would be through.

But, think again: Adam Bledin, the force behind designer sweatpants line Lazypants, is here to remind people that sweats are for far more than just "sweatin' in."

"Lazypants were kind of modelled after my gym class pants at Metro Prep in Toronto. I was always taking gym last and I always wanted to be at home watching TV, just being lazy and that's how Lazypants started," he says.

The Canadian business owner's line of unique sweatpants, which come in colours ranging from rainbow to camouflage and featuring fabric like French fleece and herringbone, has experienced the type of overnight success few entrepreneurs encounter in their lifetime.

In less than five years, Bledin has gone from sketching in his bedroom to overseeing production around the world.

His clothes are on display in Honey, TNT and on shopkitson.com, among other retailers.

Started in 2012, the fashion line initially began with a denim collection and the company's now signature sweatpants were added as a side project.

"I started off with a denim line and (Lazypants) was the throw-in product, like the potato to the steak," he laughs. "The Lazypants took off and the denim didn't."

Following the denim setback, the company switched tracks and began pouring all of its efforts into Lazypants.

"It's one of those things where you try something and you fail and it's kinda like you're gonna run and fall, run and fall and get back up until you can just keep running."

Bledin is keen to point out how his product goes beyond just the trackies, noting that, "no one actually sweats in sweatpants"

While he appreciates the success of the line, which has been worn by celebrities including Kourtney Kardashian and Mila Kunis, he's isn't ready to drop the ball. He and his team are already working on a new 'upscale' line and recently launched a specialty children's line called Lazykids.

He's not afraid of change, either.

Recently he decided to move production from Istanbul to Canada. When asked why he would change production for an already popular product, he shrugs happily. "Why not?" he says. "It's good for our economy, it's good for our story and it's good to give people jobs in Canada."

His company has commissioned three plants in Scarborough to produce the spring/summer 2014 line, which will be the first to be made 100 per cent in Canada.

"In the final analysis, it will cost us a little bit more (to make it in Canada) because you're importing fabrics and there are duty fees and there are a million factors, but who cares? At the end of the day ... it's the right thing to do."

Pants and perseverance

"It's kinda like you're gonna run and fall, run and fall and get back up until you can just keep running."

Adam Bledin
President and creative director of Lazypants

A Career in Supporting People with Developmental Disabilities

The DDC Program (4 Months Certificate Program) prepares you for employment opportunities in the field of Developmental Disabilities:

- Study in over 30 Topics & Ministry-required Certificates
- Work Experience through Pre-arranged Placement
- Guaranteed Job Interview
- 80-90% Employment Success Rate

Reena
www.reena.org/ddc.html
905-889-2690 ext. 2048
GEORGE BROWN COLLEGE
A joint Reena and George Brown College program in partnership with Kerry's Place Autism Services and Montage Support Services

Up to $50,000 in Bursaries Now Available!

Financial Assistance May be Available to Those Who Qualify!
Second Career Training Funding

The government provides qualified candidates with education funding to train them for a better career, the grant can be up to $28,000 and covers tuition, book fees, transportation and some living allowance. Call us now to see if you are qualified.

Health Care
- Personal Support Worker*
- Community Service & Support Worker*
- Medical Office Assistant + HUC (Health Unit Coordinator)*
- EHR, Billing & Coding

*with Internship

Law & Legal
- Immigration Consultant* Accredited by ICCRC
- Paralegal Accredited by LSUC*
- Law Clerk*
- Legal Office Assistant
- Police Foundations

* with Internship

IT & Home Inspection
- Network Administrator
- PC Support Specialist
- Computer Service Technician
- Web Designer
- Home Inspection Diploma
- Home Inspection Certificate

Accounting & Business
- Accounting and Payroll
- Business Administration
- Project Administrator
- Conference and Event Planner
- Administrative Assistant

We Speak Your Language — Career Consultation Provided In:
English, Français, हिंदी, मराठी, ગુજરાતી, Español, Portugues, 国语和粤语, română, русский & فارسي

Academy OF LEARNING COLLEGE
Bay/Bloor Campus
416-840-3376
416-969-8845
WWW.AOLTORONTO.COM
DOWNTOWN TORONTO (Bay/Bloor) 1255 Bay Street, Suite 600, Toronto, Ontario M5R 2A9
Academy of Learning Career & Business College(Bay/Bloor) is registered as a Private Career College under the Private Career College Act 2005 and is operated by 1069195 Ontario Inc.

Get the Skills you Need for your New Career

VISIT US!
OPEN HOUSE
Wed. April 23rd
5-7pm

- BUSINESS
- TECHNOLOGY
- HEALTHCARE
- LAW
- SUPPLY CHAIN

BEST MANAGED COMPANIES

CONTACT US TODAY!

triOS COLLEGE
BUSINESS • TECHNOLOGY • HEALTHCARE

1-866-918-7634
Careerin1.com
Not all programs are available at all triOS College locations.

HAMILTON: 4 HUGHSON ST. S.
BRAMPTON: 252 QUEEN ST. E.
MISSISSAUGA: 55 CITY CENTRE DR.
TORONTO: 425 BLOOR ST. E. STE 200
SCARBOROUGH: 4438 SHEPPARD AVE. E.
OSHAWA: 200 JOHN ST. W

Not ESPN's fault

Raps take blame for shot clock gaffe

Upon further, further review, it seems the embarrassing clock malfunction in the Game 1 of the Toronto Raptors-Brooklyn Nets NBA playoff series was an issue with the Air Canada Centre after all.

In what's become a tiring saga of "our fault, their fault" the Raptors now accept responsibility for both the game and 24-second shot clock failing to operate for the final quarter and a half of Saturday's series-opening game.

The clocks over the basket went black with about six minutes left in the third quarter of Saturday's game. The first explanation from Maple Leaf Sports and Entertainment said a "signal path error" caused the outage. TORSTAR NEWS SERVICE

The shot clock behind each net went dark during the third and remained that way the rest of the game. TORSTAR NEWS SERVICE

Raps smash ratings

539K

The opening game of the first-round NBA playoff series between the Toronto Raptors and Brooklyn Nets was a ratings hit for TSN. Overnight data from BBM Canada indicates an average audience of 539,000 viewers watched Saturday's game. It was the most-watched Raptors game on English television in Canada since 2002, the network said Monday in a release.

Jonas the giant doesn't fear Nets' NBA royalty

Raptors vs. Nets.
Young centre collected 17 points, 18 rebounds in faceoff with Garnett

Jonas Valanciunas was five years old when Kevin Garnett earned his first of 15 NBA all-star selections. He was 11 when Garnett was named the league MVP.

Valanciunas — now 21 — went toe to toe with the 37-year-old Garnett in Toronto's loss to the Brooklyn Nets in Game 1 of their playoff series last Saturday. And if there was any sense of awe in the name on the back of the Brooklyn jersey he was guarding, the young Valanciunas didn't show it, laying down a monster game in his post-season debut.

"He was not intimidated, he wasn't fazed by the physicality or guarding a legend like KG. You're talking about a guy who is going to be in the Hall of Fame," said Raptors coach Dwane Casey.

"I told our guys, 'You've got to respect them because those guys have accomplished a lot in this league. But you can't fear them.' KG would think less of him, knowing him, if it was anything less. Respect him, but you can't fear him. (Valanciunas) did that."

The Raptors host Game 2 of the series on Tuesday, then it shifts to Brooklyn for Game 3 on Friday and Game 4 on Sunday.

Valanciunas had 17 points and 18 rebounds in the opener of the seven-game series, while holding Garnett to five points. While many of the Raptors appeared overwhelmed by the enormity of their first playoff appearance in six seasons — for some players, it was their first playoff appearance, period — Valanciunas looked fired up from the opening tipoff.

When asked Monday about guarding Garnett, Valanciunas merely shrugged.

"He's the same Garnett in regular season, so I'm playing him the same way. Just maybe adding 10 per cent more effort," Valanciunas said, laughing.

On Garnett's infamous trash talking: "I don't understand English. So I'm OK." More laughter.

On whether Garnett was a player he looked up to growing up in Utena, Lithuania: "His last name is really famous, so I heard about him when I was a kid." Respect, but no fear.

THE CANADIAN PRESS

Toronto Raptors centre Jonas Valanciunas on the practice court at the Air Canada Centre in Toronto on Monday. The young Raptor collected 17 points and 18 rebounds in his playoff debut. VINCE TALOTTA/TORSTAR NEWS SERVICE

Poised under pressure

"He was not fazed by the crowd, by the moment, by it being the playoffs."

Raptors coach Dwane Casey on the mental toughness Valanciunas gained in the Euroleague

4 SPORTS

deals you'd be nuts to miss
unlimited talk
$20/mo
in a chatr zone
SAVE
up to $100
when you bring in your own device and activate with auto-pay*
Available at:
Tbooth wireless
WIRELESSWAVE
FUTURE SHOP
WIRELESS etc...
BEST BUY
chatr wireless
no worries · talk happy
* Offer ends May 31, 2014. Offer available to customers who activate a new line on their existing devices and sign up for auto-pay. Customers receive $10 bonus credits/mo for 8 months as long as the line remains active, plus a free SIM card (a $20 value) for the existing device. © 2014 chatrwireless.com

NBA

Raging Bull Noah named top D-man

Chicago Bulls centre Joakim Noah was named the NBA Defensive Player of the Year on Monday in front of friends and family.

"This is very humbling to be in this situation right now," Noah said at a news conference where his family was in the front row.

Noah joins Michael Jordan in 1988 as the only Bulls players to win the award. THE ASSOCIATED PRESS

Scan this image with your Metro News app to view images of the most colourful moments of Joakim Noah's career.
THE CANADIAN PRESS

Well-balanced Habs proving hard to beat

Tampa Bay-Montreal. Canadiens getting production from all 4 lines through 3 games

When Lars Eller and Rene Bourque are outscoring anyone on the top line, you know that something is going right for the Montreal Canadiens.

But it took until the playoffs for the Canadiens to find the balanced attack they have sought all season.

Getting offensive production from all four forward lines has helped them win the opening three games of their first-round series against the Tampa Bay Lightning.

They can sweep the best-of-seven series with a win on Tuesday night at the Bell Centre.

"That's a big strength," Eller said Monday. "I can't stress how important it is to have everybody involved, everybody contributing."

The Canadiens celebrate scoring a goal against the Lightning in Game 3 of their playoff series on Sunday in Montreal. GETTY IMAGES

Players who underachieved on attack all season, notably Eller and Bourque, have found new life in the post-season. It has helped the normally low-scoring Canadiens average four goals per game against the Bolts, who are missing top goaltender Ben Bishop to an arm injury.

Bourque, a two-time 27-goal scorer who had a dreadful campaign of only nine goals, has three in as many games in the playoffs while playing left wing with centre Eller and right-winger Brian Gionta.

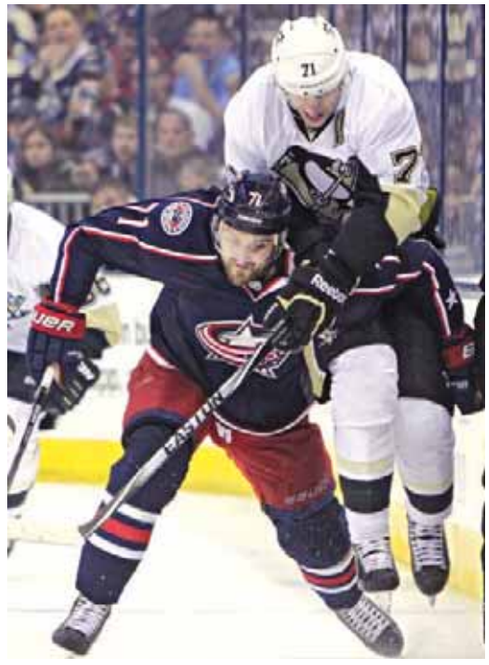
Eller, who had 12 goals in 77 games including a stretch of 24 games with only one assist, has two goals and shares the team scoring lead with four points with Brendan Gallagher and defenceman P.K. Subban.

The Eller line has produced five goals — one more than Gallagher's unit with Tomas Plekanec and Brandon Prust.

The top line of David Desharnais, Max Pacioretty and Thomas Vanek has scored only twice, but has combined for 29 shots in three games.

The fourth line of Daniel Briere with Michael Bournival and Dale Weise has only one goal, but it was a big one as Weise scored in overtime in Game 1.

THE CANADIAN PRESS



Pens refuse to be held back

Penguins centre Evgeni Malkin fights through a check from the Blue Jackets' Nick Foligno during Game 3 of their first-round playoff series on Monday night in Columbus, Ohio. Pittsburgh fought back from 2-0 and 3-1 deficits to win 4-3 and take a 2-1 series lead. JAY LAPRETE/THE ASSOCIATED PRESS

RAPTORS BASKETBALL ACADEMY

SEE HOW MUCH FUN THE GAME CAN BE

Marathon double header caps gruelling journey

Going the distance.
Torontonian completed second run 'for all the other survivors of childhood sexual abuse'

In Monday's early morning darkness, Jean-Paul Bedard and his wife Mary-Anne stood together at the Boston marathon finish line.

He was about to run the marathon twice, an extraordinary feat of endurance, but one that hardly compares to his past year.

When he last ran this route last year, it was just weeks after Bedard revealed to his family that he had been sexually abused as a child.

Quoted

"People want to run Boston every year, but this year we needed to run Boston."

Jean-Paul Bedard on Monday's emotional running of the Boston Marathon.

The resurgence of those terrible memories nearly overcame him halfway through the race, forcing him to collapse in tears. He regrouped and made it over the finish line 20 minutes before the two bombs went off, killing three people and injuring more than 200.

The experience left the Toronto English teacher with post-traumatic stress disorder, and he vowed never to return.

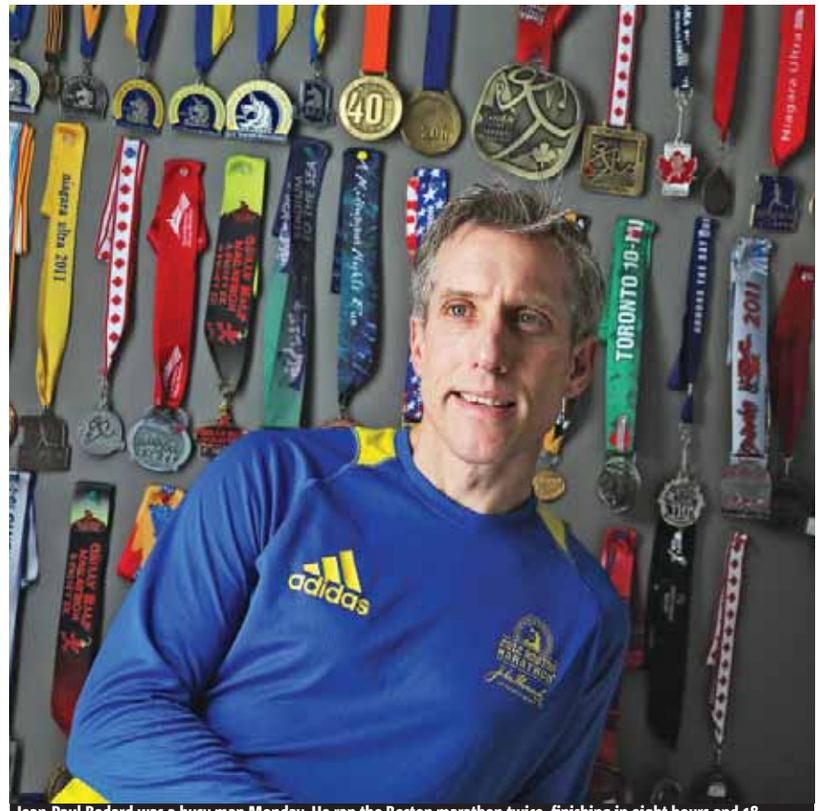
But he changed his mind after he found support at the Gatehouse Treatment Centre, a charity that helps survivors of sexual abuse.

He decided not just to run the Boston marathon again, but to do it twice. As it says on his grey singlet: "Once for me and once for all the other survivors of childhood sexual abuse."

This time, his race would begin and end at the finish line, an 85-kilometre stretch in total. On Monday, he triumphed, running both marathons in four hours and nine minutes each.

"It felt so amazing and redemptive, crossing the finish line, and to put everything that happened in the last year in a better place," he said. He also exceeded his original $10,000 fundraising goal for Gatehouse by more than $5,000.

TORSTAR NEWS SERVICE



Jean-Paul Bedard was a busy man Monday. He ran the Boston marathon twice, finishing in eight hours and 18 minutes. COLIN MCCONNELL/TORSTAR NEWS SERVICE

MLB. Orioles beat Red Sox on Patriots' Day in Boston

The Baltimore Orioles scored six runs off Clay Buchholz in the third inning then held on to spoil Boston's Patriots' Day morning game a year after the Boston Marathon bombings with a 7-6 win over the Red Sox on Monday.

The Red Sox had a chance to win in the ninth when they loaded the bases. They scored one, but Mike Carp grounded out to first as Tommy Hunter escaped with his fifth save.

Wei-Yin Chen (3-1) and five relievers pitched well enough for Baltimore to gain a split of the four-game series.

THE ASSOCIATED PRESS

Dustin Pedroia of the Red Sox turns a double play in front of the Orioles' Jonathan Schoop on Monday in Boston. THE ASSOCIATED PRESS

Manchester United

Reports: Moyes on chopping block

David Moyes' troubled tenure as Manchester United manager could be coming to an end after less than a year in charge.

According to widespread reports released at the same time on Monday on websites of numerous British newspapers, Moyes is set to be fired by United and could be forced out before the end of the season.

Leading British bookmakers all slashed their odds on Moyes being removed.

THE ASSOCIATED PRESS

Premier League

Manchester City remains alive in title picture

Manchester City stayed alive in the English Premier League title race by beating West Bromwich Albion 3-1 thanks to first-half goals by three Argentines on Monday.

Pablo Zabaleta and Sergio Aguero struck in the opening 10 minutes at Etihad Stadium to set third-place City on its way to a victory that trimmed the gap to league-leader Liverpool to six points, with a game still in hand.

THE ASSOCIATED PRESS

NBA. Three teams on the lookout for a head coach after firings, retirement

Mike Woodson and Tyrone Corbin lost their jobs, and Rick Adelman decided it was time to walk away from his.

Woodson and Corbin were fired Monday and Adelman retired, creating coaching openings for three NBA teams.

Woodson was expected to be replaced after Phil Jackson was hired last month as New York Knicks president during a disappointing season for a team that expected to make the playoffs. He informed Woodson and the entire coaching staff they were being dismissed Monday morning.

The Jazz, meanwhile, declined to offer Corbin a new contract after they went 25-57. THE ASSOCIATED PRESS

Quoted

"I'm ready and my wife's ready to move on to another phase."

Timberwolves head coach Rick Adelman announced his retirement Monday.

Tuesday, April 22, 2014

Service Directory

To advertise contact Ian March at 416-443-4388

PSYCHIC

No. 1 Astrologer & Psychic
Pandit: BALAJI
MEET ME ONCE & MAKE YOUR TROUBLE-FREE
Reader & Advisor Solves Problems like Health, Depression,Money, Court Family, Education Etc
TREATS BLACK MAGIC, VOODOO JADOO & GIVES 100% PROTECTION
BY PERFORMING POWERFUL PRAYERS
647-924-7063 , 647-855-0966
212 A Queen St. E. BRAMPTON
Queen & Kennedy

Sri Hanuman Astrology Center
Pandit: SHIVRAJ
Indian Astrologer
Solves Problems related to Children Family, Business, Job, Money, Court Education, Depression Etc.
Master Pandit Removes Black Magic Voodoo & Gives 100% Protection
DON'T MISS GOLDEN OPPORTUNITY
416-464-7307
253 Queen ST E, #5,BRAMPTON

FALI African Spiritual Reader
35 years of experience. Knowledge passed down from generation to generation. Problem solving by means of deep consultation in the mirror with effective competence, seriousness and secrecy. Specialized in reuniting relationships, business growth, jobs, court cases, removing evil spirits, protection.
Satisfaction guaranteed!
Pay after Results
Don/Mills/Sheppard
www.spiritualfali75.com • fali75@gmail.com
CALL 416.614.8057

HEALTH

PAIN STOP
RIGHTAWAY
When the body system is fully functional, all body disorders will go away.
Have all other treatments failed you?
DON'T WORRY. I can help with 35+ yrs experience as a function control specialist. Back, shoulder, sciatica pain, skin disease, panic, migraine, allergy, depression, asthma, fatness…
Registered Acupuncturist
JAMES KIM R.TCMP (416)788-3837 696 Sheppard Ave. W. (One block west to Bathurst)

Service Directory

To advertise contact Ian March at 416-443-4388

FINANCIAL

OVERWHELMED BY DEBT?

CALL THE Licensed Debt Professionals™

GET OUT OF DEBT!

- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, CPA, CA, CIRP, Trustee

FREE Consultation 310-9200

(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Proposal Administrators & Trustee in Bankruptcy

HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON

www.DavidSklar.com

STOP COLLECTION CALLS

CALL ERIKA
(LICENSED DEBT EXPERT)

GET DEBT RELIEF NOW!

Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.

1-877-332-8416
416-288-8048

Scarborough (Main office), Weston, Brampton, Oshawa, Mississauga (Pt Credit)

Rusinek & Associates Inc
Trustee in Bankruptcy
www.rusinek.ca

DEBT RELIEF

Are you drowning in debts?
I can help you...

- Consolidate debts, no interest
- Settle your debts without a bankruptcy
- Stop collection calls and garnishments
- Get rid of tax debts and court actions

NONA KUMAR
Estate Administrator
Credit Counsellor

Free Consultation: 416.455.7709
Evenings and weekends appointment also available

Rumanek & Co. Ltd. Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements:
Head Office in North York, ON. Offices in Scarborough & Mississauga.

MONEY PROBLEMS?™

Make One Small Monthly Payment For All Your Debts!

WE CAN

- Stop Collection Calls
- Reduce your Debts
- Stop Wage Garnishment
- Stop Interest Right Away
- Re-Establish your Credit
- Deal with your Tax Issues

Visit:
GtaCredit.Com

North York (416) 650-1100	Scarborough (416) 754-0011
Mississauga (905) 275-4200	Ajax / Oshawa (905) 426-8400
Brampton (905) 796-3100	Toronto Downtown (416) 489-2000

gta credit

Call for a FREE & CONFIDENTIAL meeting with one of our Govt. Registered Counsellor

EMPIREONE CREDIT PROBLEMS?

SCARBOROUGH
250 Consumers Rd. Suite 810

NORTH YORK
1111 Finch Ave. W. Suite 203

REDUCE YOUR DEBTS & SLEEP LIKE A BABY

Consolidate All Your Debts Into One Small Monthly Payment & Pay NO Interest

WE OFFER FREE CREDIT CHECKS
FREE ONE ON ONE CONSULTATION

OSHAWA
299 Simcoe St. South

416-900-2324
www.empireonecredit.com

MISSISSAUGA
165 Dundas Ave. W. Suite 307

LOWEST RATES for bad credit loans since1984

Need a loan? PFS
FAST Same day loans

Personal loans ▸ Up to $5000 (1 yr on job; $16/hr.min.req.)*
Car paid off? ▸ Up to $20,000 (car 6 years or newer)*
Open loans. ▸ *Pay off early. Get refund.*

(416) 634 - 2013
*Call for details and conditions

Prudent Financial Services
PrudentLoanApprovals.com

TOO MANY BILLS.... ...GET A FRESH START!

Bankruptcy • Proposals
Debt Counselling

416-740-5400
Toronto • Rexdale • Etobicoke • North York
Don Mills • Bloor West • Scarborough

905-273-6300 Mississauga • Brampton
1-888-329-5198 www.billfixer.com

FREE Consultation · Evening Appointments· Flexible Payments

KEVIN THATCHER & ASSOCIATES LTD.
TRUSTEE IN BANKRUPTCY
Head Office: Rexdale, others non-resident

MORTGAGE APPROVED!

- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
416-519-3505 OR 647-273-5626
WWW.HOMELANDMORTGAGE.ORG

License # 11991

MORTGAGES

1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# 10154

Mortgage Genie
www.mortgagegenie.org
416-667-9834

@metrotoronto

metro

LEGAL

Elena E. Mazinani
Mazinani Law Office

Family & Criminal Lawyers

- Criminal Lawyers
- Family Lawyers
- Uncontested Divorce *($399 + court fee)*

6026 Yonge St. (Yonge and Finch)
Tel: 416-485-8545

WORK / EDUCATION

PERSONAL SUPPORT WORKER

MEDIXCOLLEGE.CA
TORONTO CAMPUS

Medix College
866.981.0683

HEALTH

ROYAL CARE MEDICAL CENTRE

295 College St. @Spadina

ACCEPTING NEW PATIENTS

For appointments call:
416.925.5511

PHARMACY & REHAB ON SITE
No $2 Co Pay for ODB recipients
Free delivery in the GTA
FREE PARKING

LAKESHORE WEST MEDICAL CENTRE
3-2083 Lakeshore Blvd. W
@ Park Lawn 416.252.2775

PSYCHIC

PSYCHIC & ASTROLOGER Pandit: Ravi Shankar

IF YOU ARE FACING ANY KIND OF IMPOSSIBLE PROBLEMS, I WILL HELP YOU TO SOLVE PROBLEMS FOR EVER
WORK * HEALTH * DEPRESSION * LOVE
FAMILY * CHILDREN * FINANCE ETC

Removes Black Magic, Evils Spells & Spirits,Voodoo, Obeya, Katteri Etc.

PRIVATE & CONFIDENTIAL

PH:647-924-7249, 647-764-9199
7086 #7A AIRPORT RD. N, MISSISSAUGA
AIRPORT / DERRY, ABOVE MAKKAH JEWELLERS

Kali Mata Astrologer & Psychic

Pandit: SHANKAR SHASTRI

If you are Suffering from Problems

* Love	* Children
* Job	* Health
* Business	* Jealousy
* Money	* Depression

Expert in Removing Black Magic, Jadoo, Voodoo, Obeya, Evil spirit& Gives 100% Life Long Protection

For Appt 647-330-6629

World Famous Indian Astrologer Pandit: Jagadish

TAKE RIGHT DECISION AT RIGHT TIME
He understands Problems & Gives Right Guidence
Marriage, Business, Job, Enemy, Sexual, Family Children, Health, Love, Money, Depression etc
I CAN HANDLE ANY PROBLEM
Removes Black Magic, Bad Luck, Obeya and Voodo in 2 Days & Gives Immediate Protection

100% GUARANTEE 647-532-8224
1290 Finch Ave. W, Unit 23, North York (Keele & Finch)

Horoscopes

♈ Aries
March 21 - April 20
You will be somewhat impatient today, especially on the work front where you can't understand why some people are unable to keep up with you. Calm down and make allowances.

♉ Taurus
April 21 - May 21
It would be nice if everyone shared your way of looking at the world but it won't happen, so don't try to persuade those who see things from a different angle.

♊ Gemini
May 22 - June 21
Misunderstandings are likely over the next 24 hours, so make sure you spell out what you are trying to accomplish and make sure everyone is on the same wavelength, because if they are not the results could be chaotic and costly.

♋ Cancer
June 22 - July 23
Today's powerful Mars-Jupiter link warns you must not say or do anything that might bring a profitable relationship to an end. Important people must be handled with care over the next 24 hours.

♌ Leo
July 24 - Aug. 23
You can be a bit impetuous at times and the planets warn you must make sure you know what is going on before jumping head first into situation you know little about. Let others make the first moves.

♍ Virgo
Aug. 24 - Sept. 23
It's not often a Virgo is easily parted from their cash but the current cosmic set-up warns that's a real possibility today. Don't let it happen.

♎ Libra
Sept. 24 - Oct. 23
It's one thing to make bold decisions but it's another to make sure they are the right decisions. If you call it wrong the repercussions could be massive, so think deeply and act cautiously.

♏ Scorpio
Oct. 24 - Nov. 22
Everyone takes a wrong turn now and again, so don't be surprised if the planets start nudging you in a new direction. There is an ideal path for you and you will be reminded where it is today.

♐ Sagittarius
Nov. 23 - Dec. 21
There may be an element of risk in what you are planning but if you don't go ahead with it you will hate yourself for being so timid. Prepare and then jump right in!

♑ Capricorn
Dec. 22 - Jan. 20
You may be entitled to get angry with someone who has let you down but is it worth the effort? Forgive and forget, not least because they will then be in your debt, and that could be useful.

♒ Aquarius
Jan. 21 - Feb. 19
The planets indicate that your best course of action today is to take no action at all. With Mars and Jupiter battling it out, keep your head down and let others take the risks.

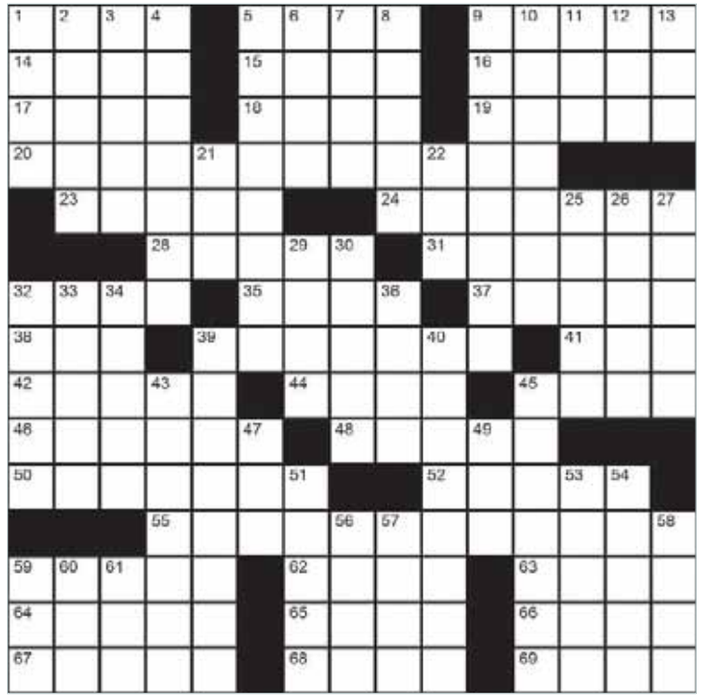
♓ Pisces
Feb. 20 - March 20
Other people do not have the right to dictate what you should do and how you should do it. If you are part of a team there must be equality – make sure they know that.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

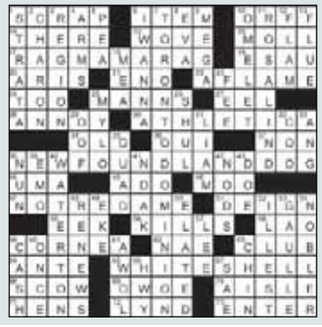
BY KELLY ANN BUCHANAN



Across
1. Rowed ride
5. "Yes, __!"
9. Yellow: French
14. Ms. Kendrick
15. Moreover
16. AVOIR: J'__...
17. Jackie Wilson's "__ Petite"
18. Military maneuver
19. Mustard brand
20. Sci-fi attraction in Moonbeam, ON: 2 wds.
23. Ben Stiller's actress mom Anne
24. Sweetened
28. Grammy Awards org.
31. Book-marked page
32. Costa __
35. Village dubbed 'A Little Bit of Holland in Saskatchewan'
37. '_'__ my Eggo!' (Kellogg's waffles slogan)
38. Green
39. Halifax Harbour part, __ Basin
41. Swiss peak
42. "Ally McBeal" singer Ms. Shepard
44. __ _ record (Feat in sports)
45. Chemical suffixes
46. Car part
48. Fasten a brooch again
50. What's-his-name
52. John Candy comedy, "__ Buck" (1989)
55. "Moments" Canadian country band: 2 wds.
59. Saskatchewan village since 1911
62. Born-in-Calgary American politician Ted
63. Above
64. Reality star Spencer
65. The Jetty __ __ Havre (Claude Monet painting)
66. Are, no more
67. New employee
68. Author Mr. Bellow, born in Lachine, QC
69. Canada __ (Some ginger ales)

Down
1. Chuck it up
2. "A Nightmare __ __ Street" (1984)
3. Keep __ __ on (Watch out for)
4. Regina-born star Ms. Maslany of "Orphan Black"
5. Cape Breton Island vacation destination, __ River Valley
6. Worrisome word
7. __ Minor
8. 'M' of M.O.
9. "Canadian Idol" judge: 2 wds.
10. Median
11. Dubai's locale [acronym]
12. Author, Anais __
13. 'Host' suffix
21. US gun gr.
22. Cow's chew-ee
25. "The Exorcist" (1973) daughter
26. Don Henley or Glenn Frey
27. Loses hold
29. Elaborates
30. "60 Minutes" Toronto-born journalist, Morley __
32. Dreams: French
33. Prefix to 'clast' (Image breaker)
34. Miami Sound Machine hit
36. Speck
39. Randy Bachman, to Burton Cummings
40. Long-locked lass of lore
43. Kitchen set
45. Hip-and-happening humans: 2 wds.
47. 'Computer' suffix (Techie jargon)
49. Non-affiliated politician [abbr.]
51. Marine menaces, seals would say
53. "What am I, chopped __??"
54. All
56. Miss: Spanish [abbr.]
57.City of Finland
58. '70s hit: "__ Tu"
59. U.S. driver's speed
60. Verdi aria: "__ Tu"
61. Paddle

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5		6			9		
7			3					8
		3		4	7			5
		1		8	6			7
4			5	9		1		
3			8	2		6		
8					4			2
		9			5		8	

Yesterday's Sudoku

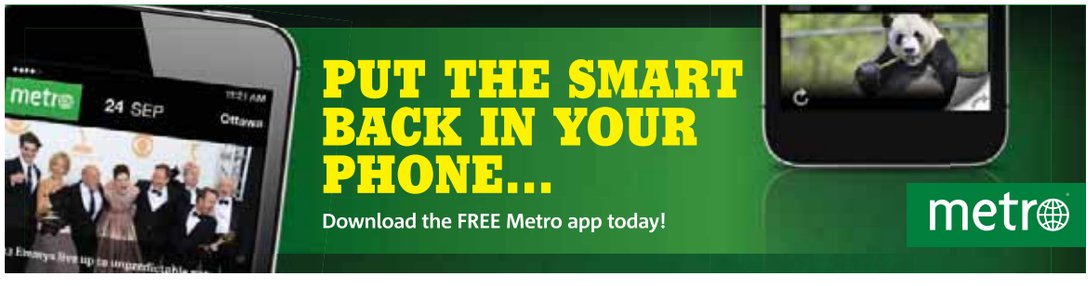
3	4	2	5	1	8	9	6	7
5	8	7	9	3	6	4	1	3
1	6	9	4	7	3	5	2	8
9	2	6	3	4	1	7	8	5
7	1	3	8	6	5	2	4	9
8	5	4	2	9	7	1	3	6
2	3	8	1	5	9	6	7	4
6	9	1	7	8	4	3	5	2
4	7	5	6	3	2	8	9	1

Today
14°/4°
Showers

Wednesday
9°/2°
Sunny

Your #1 weather forecast now available in HD.
Check your local listings for details.
The Weather Network HD

©The Weather Network 2014



FLIGHT CENTRE
The Airfare Experts
1 877 923 2248
flightcentre.ca

Las Vegas
Flights + 3 Nights
$481
The Quad
INCLUDES accom on the Strip.
Departs Jun 15/wsv/ws.

Conditions apply. Ex.Toronto. All advertised prices include taxes & fees. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. wsv/ws=westjet. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. tico.ca ONT. REG #4671384

WINNING.
IT'S A FAMILY TRADITION.

AUTOMOBILE JOURNALISTS ASSOCIATION OF CANADA
www.ajac.ca

2014 MAZDA3
BEST NEW SMALL CAR (UNDER $21,000)

CANADIAN AUTOMOTIVE JURY
Seal of approval
2014
Approuvé
JURY AUTOMOBILE CANADIEN

BEST OF THE BEST • GRAND PRIX

AUTOMOBILE JOURNALISTS ASSOCIATION OF CANADA
www.ajac.ca

2014 MAZDA3 SPORT
BEST NEW SMALL CAR (OVER $21,000)

auto123.com
5th
2010 • 2014

2014 CX-5
COMPACT UTILITY OF THE YEAR

AUTOMOBILE JOURNALISTS ASSOCIATION OF CANADA
www.ajac.ca

2014 MAZDA6
CANADIAN CAR OF THE YEAR AWARD

awardwinningfamily.ca

zoom-zoom

mazda